

For information on becoming a Dental Assistant, see [Sources of additional information](#) within this brochure.

For information on youth employment opportunities, contact a career counselor at your high school or employment counselor or job and information center coordinator at your local NH Employment Security Office.

Berlin (752-5500)

[151 Pleasant St., PO Box 159, 03570-0159](#)

Claremont (543-3111)

[404 Washington St., PO Box 180, 03743-0180](#)

Concord (228-4100)

[10 West St., PO Box 1140, 03302 - 1140](#)

Conway (447-5924)

[518 White Mountain Highway, 03818-4205](#)

Keene (352-1904)

[109 Key Rd., 03431-3926](#)

Laconia (524-3960)

[426 Union Ave., PO Box 760, 03246-2894](#)

Lebanon (448-6340)

[85 Mechanic St., Ste.4, 03766-1506](#)

Littleton (444-2971)

[646 Union St., Ste.100, 03561-5314](#)

Manchester (627-7841)

[300 Hanover St., 03104-4957](#)

Nashua (882-5177)

[6 Townsend St., 03060-3285](#)

Portsmouth (436-3702)

[2000 Lafayette Rd., 03801-5673](#)

Salem (893-9185)

[29 South Broadway, 03029-3026](#)

Somersworth (742-3600)

[243 Rt.108, 03878-1512](#)

NHCRN
New Hampshire Career Resource Network
Employment SECURITY Rick Ricker (603) 229-4489
www.nhes.state.nh.us/elmi/nhcrn/index.htm

**SO, You want
to be a...**

*Projected among the fastest growing
occupations. (NH Employment Projections, 2002-2012)*

Education & Training
**Fitness Trainer/
Aerobics Instructor**



New Hampshire

**Here are
a few things
you should know.**

You'll want to know a few things about this career.

Avg Hrly Wage:

\$12.02

Expected Growth Rate*:

47%

Avg Annual Openings:

119

Training/Educ Needed:

Post-secondary vocational award or military

See Fitness Trainer & Aerobics Instructor Programs available in NH at

www.nhes.state.nh.us, (NHNetwork)

Basic Skills: Listening, speaking.

Job Skills: Speaking, instructing, coordination, learning strategies, monitoring, social perceptiveness, active listening, management of personnel resources, active learning, reading comprehension.)

www.onetcenter.org

SO, You want to be a...

Fitness Trainer & Aerobics Instructor

Projected among the top ten fastest growing occupations. (NH Employment Projections, 2002-2012)

TASKS

- Conduct therapeutic, recreational, or athletic activities.
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Explain and enforce safety rules and regulations governing sports, recreational activities, and the use of exercise equipment.
- Instruct participants in maintaining exertion levels in order to maximize benefits from exercise routines.
- Monitor participants' progress and adapt programs as needed.
- Observe participants and inform them of corrective measures necessary for skill improvement.
- Offer alternatives during classes to accommodate different levels of fitness.
- Organize, lead, and referee indoor and outdoor games such as volleyball, baseball, and basketball.
- Plan physical education programs to promote development of participants' physical attributes and social skills.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.

(www.onetcenter.org)

Interests
(Holland Code):
SRE
(Social, Realistic, Enterprising)

Interest Area:
Education

Working Conditions: May work in a variety of settings.

Avg Work Week: 40hrs

Sources of additional info: NH Employment Security (Contact office nearest you or go online to www.nhes.state.nh.us).

American Council on Exercise, 4851 Paramount Dr., San Diego, CA 92123.
www.acefitness.org

National Strength and Conditioning Association, 4575 Galley Rd., Suite 400B, Colorado Springs, CO 80915. www.nsca-lift.org

American College of Sports Medicine, PO Box 1440, Indianapolis, IN 46206-1440. www.acsm.org

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